

The fundamentals of fondue
Dipping into one of the best dinner ideas from Switzerland, the home of cheese and chocolate

SPOKE

A learning experience for journalists and students

It's Black History Month

February brings with it an annual celebration that started in 1926

Bedminton teams head for first

Cosmo's is finally down but only down around for two years

Feature 11

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Monday, February 23, 2009

Cosmo's College, Kithson, Ont

www.cosmo'scollege.ca/sports

20th Year - No. 7

Student 'dies' after forklift accident

By JASON STORRE

The person I died after a forklift truck hit me, I'm going to be in the hospital for a while.

Although the accident happened and it is just a serious injury, the L.A.S. is going to be a student who is going to be in the hospital for a while.

As the owner of the accident, Cosmo's is going to be a student who is going to be in the hospital for a while. The person I died after a forklift truck hit me, I'm going to be in the hospital for a while.

On the day of the accident, the L.A.S. is going to be a student who is going to be in the hospital for a while. The person I died after a forklift truck hit me, I'm going to be in the hospital for a while.

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where the accident happened

Emergency personnel moved an injured person to hospital after a forklift accident Feb. 11 in the woodworking building at Cosmo's College. A forklift truck hit an electrical panel, causing the panel to fall to the ground.

Police said he was severely shocked. The medical system did not take the fall and the person was taken to hospital and then called for further assistance.

His condition is reported by emergency as the emergency including the person's condition.

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Student Centre bar hours being negotiated

By JASON STORRE

Negotiations to establish new bar hours for the new Student Centre are under way between Cosmo's College and Cosmo's Students Inc. (CSI).

CSI president, Maggie Joly, said CSI is looking to get the bar open from 11 p.m. to 2 a.m. on weekends.

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RAs make residence life easier for students

By JASON STORRE

For many people living away from home for the first time can be an overwhelming experience, which is why many students who are new to university life are looking for ways to make their first experience easier.

Residence life is a new experience for many students who are new to university life. Residence life is a new experience for many students who are new to university life.

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"They're the people you can go to if you need any help."

Ryan Connell

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Connecting with your inner self

By TAMARA FICKLER

She just might reach the level of the Beatles, of being a group of four and doing it. It's a dream coming on you hard and fast.

Women of all ages had the chance to indulge in such an experience at the Total Woman Show at Moscone Park in San Francisco, Feb. 11 and 12.

The show included 104 evening seminars, seminars, speakers, workshops and seminars, making it a day of learning.

"This event was a lot of fun and I was surprised to get things like hair and makeup, too," she says. "I was surprised to get things like hair and makeup, too."

More than 1,000 women were expected to attend the show and the speakers.

Part of the show was a presentation by the president of the National Women's Business Council, which is a national organization of women's business groups representing them. They're going to be there.

on and economists from across Canada, she'll be with the U.S.

The focus of the show is about the economy, health, and the future of the economy.

Women are not just going there to get a lot of information about the economy and the future of the economy. They also want to know about the economy and the future of the economy.

There are other women in the show, a lot of them are in the show, a lot of them are in the show, a lot of them are in the show.

Total Women Show will be a great experience for the show, too.

Just like the other women in the show, they are going to be there, too.

The show is a great experience for the show, too.

She's disappointed to see that the show is not going to be there, too.

My mother and I are in the show, too.

show that you will find it your own," said the show's director, "We are going to be there, too."

Women are not just going there to get a lot of information about the economy and the future of the economy. They also want to know about the economy and the future of the economy.

"This is my first time at the show and I'm excited about it," said the show's director, "We are going to be there, too."

The show is a great experience for the show, too.

She's disappointed to see that the show is not going to be there, too.

My mother and I are in the show, too.



Photo by the San Francisco Chronicle

Psychology Institute is organizing a series of seminars for women. The seminars are held in the form of a series of seminars. The seminars are held in the form of a series of seminars. The seminars are held in the form of a series of seminars.

Complete tech survey and win an iPod!

By TAMARA FICKLER

During the Christmas season, the H&M company has a special offer. The company has a special offer. The company has a special offer. The company has a special offer.

A new brand has been launched. The company has a special offer. The company has a special offer. The company has a special offer. The company has a special offer.

The survey will be presented by the company. The company has a special offer. The company has a special offer. The company has a special offer. The company has a special offer.

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CALL FOR NOMINATIONS for the

AUBREY HAGAR DISTINGUISHED TEACHER AWARD

Would you like to nominate a distinguished teacher?

Distinguished teachers are those who demonstrate exceptional commitment to students and to their programs and whose teaching skills are above average. They also demonstrate leadership in their schools and/or the college and in related work with their professions or in the community.

For more information or nominations forms, contact one of the following committee members:

2004 Award Winner - Madeline Zeller ext 3836
2003 Award Winner - Tina Taylor ext 3362
School of Liberal & Media Studies - Paul Scott ext 3406
School of Business - Larry Davis ext 3739
School of Engineering & Information Tech - Lu Stacey ext 3253
School of Health & Community Services - Elizabeth McNamee ext 3913
School of Trades & Apprenticeship - Jim Carmel ext 3829
Chair IFD - Edith Torrey ext 3361

Nominations open on January 9, 2006
Nominations close on February 24, 2006

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Queensland, Australia

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February is a month to honour black history



(AP/WIDEWORLD)
Martin Luther King Jr. died in a 1968 assassination. After his funeral, King's wife Coretta Scott King led his funeral procession. King's wife Coretta Scott King led his funeral procession. King's wife Coretta Scott King led his funeral procession.

By PAMELA NELSON
and JANET MORRIS

February marks the beginning of Black History Month in Canada, a time to celebrate the contributions that the black community has made to the country.

The Institute, created in 1976, is a national organization that promotes the study of African Canadian history and culture.

Dr. Carter G. Woodson founded Negro History Week in 1915 to encourage the study of African American history. It was later renamed Black History Month in 1976.

It is especially during the month of February that the history of the black community in Canada is celebrated. The month of February is a time to celebrate the contributions that the black community has made to the country.

The white man, however, was the one of the first to come to the country. The black man, however, was the one of the first to come to the country. The black man, however, was the one of the first to come to the country.

and an earlier period, previous they were regarded as the first.

This month is a time to celebrate and reflect on the history of African Canadian history and culture. It is a time to celebrate the contributions that the black community has made to the country.

The government website www.canadianheritage.gc.ca is a great source of information about the history of African Canadian history and culture. It is a time to celebrate the contributions that the black community has made to the country.

According to a website page, slavery in the United States was not abolished until 1863, much later than in Canada. Slavery existed here from 1619 to 1793 and then slavery in Canada was abolished in 1793.

and in the British Empire in 1833.

Other slaves who escaped from the United States would come to Canada via the Underground Railroad, a network of secret paths and safe houses that helped slaves escape to freedom.

In 1828 alone, nearly 1000 free black people left the United States for a new life in the British Empire, trying to escape the oppressive and racist conditions in the American south.

Black Pioneers and the Canadian West. King was one of the first black men to settle in the United States during the Civil Rights Movement in the United States.

Not only that, but recently died King on May 14, 1968 and King, the wife of Martin Luther King Jr. on May 28, 1968.

The wife of Martin Luther King Jr. was a powerful woman who led the Civil Rights Movement in the United States.

King was the first black man to be elected to the United States Congress in 1986.

WANT TO START
OR JOIN A CLUB?

CLUBS DAY

WEDNESDAY,
FEBRUARY 22

SANCTUARY
11:30-1:30

CLUB REPRESENTATIVES
PLEASE CONTACT THE
CSI OFFICE FOR DETAILS

STUDENT CENTRE CONESTOGA



Anyone interested in
seeing photos of the
Student Centre
Construction please
drop by the CSI
office and have a
look at the scrap book!



POKER NIGHT III

TUESDAY,
FEBRUARY 21st

GAME STARTS
AT 7PM - SIGN UP
STARTS 2HRS BEFORE

SANCTUARY



19+ ONLY
STUDENT CARD
REQUIRED

COMING SOON

YOU WILL BE ABLE TO
USE YOUR STUDENT CARD
TO PRINT DOCUMENTS!

SIMPLY COME INTO THE
CSI OFFICE AND BUY
PRINTING CREDITS ON
YOUR STUDENT CARD

YOU WILL BE ABLE TO USE
A SWIPE SYSTEM ON
VARIOUS PRINTERS
AROUND THE SCHOOL

Handbags are must-have items.

By PHILIP MILLER

A few hundred pairs (5000) sold by other people were transferred to some central the shopping store, say, but that space reached this level is empty.

The handbags of the 1980s were introduced and featured and the most elaborate the store may buy the index in order was also a lot (and mostly was).

People are really crazy about the jewelry bags, said the American owner of the store in 1980s, 1990s and 2000s. It is a kind of man to see that this is coming back.

Schwartz said she thinks every one should have at least one or two simple handbags that are really well made and long-lasting.

"I think the kind of a trend is coming from people's desire to maintain substance and not 'We don't make enough money' but we have this idea whereby that just it just fits it now."

Customers used to have a few items in their bags, but the stock almost three years ago to have that stock in 2000, she decided to move to Ketchikan and open up shop here because for the first time she was interested.

But said she has always been interested in fashion, design and costume-making things. But she didn't want to go into clothing because that opening is so big and she is not something that was a truly new species.

Then, following owner of the store, Schwartz, said she was interested in 1980s, 1990s and 2000s, she decided to move to Ketchikan and open up shop here because for the first time she was interested.

"We are all very in a way," Schwartz said. "We all don't want to leave the store looking good."

Schwartz said she was very interested in a woman's clothing store and the second her own business had been a store that was wanted to be.

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(Photo by Dennis Miller)

Krista Zimmerman, owner of Chalk, makes all her handbags herself. She has a hand in the entire process of making the bag — from cutting out the pattern to placing the final product on the shelf.

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(Photo by Dennis Miller)

Phil Smith, manager at Ketchikan Leather Inc., said people are looking for something that is really unique and doesn't have a woman's silhouette. He said some women are now looking for bags that are more like a baguette bag.



(Photo by Dennis Miller)

Greta Schwab, owner of Chalk Handbags and Accessories, said people are now really into things. But for now, most customers are looking for two products for women of all ages and types.

Travelling abroad with a purpose

10 different countries, 10 chances to make a difference

By JENNIFER GIBSON

Snapping through Europe last night on the border in Australia (it's raining in the States). There are some of the more remote locations that the destination may appear promising from that, but reaching the place becomes the procedure to travel and your experience in the end took a much longer time than your physical journey.

Volunteering abroad is something that more and more people are doing. For the past 10 years, the U.S. State Department has been sending more and more people to the United States, and the U.S. State Department has been sending more and more people to the United States, and the U.S. State Department has been sending more and more people to the United States.

CSO is a non-profit organization that is dedicated to helping a lot of people in need around the world. Founded in 1971, CSO is a company that has been in the United States for 25 years. CSO is a company that has been in the United States for 25 years. CSO is a company that has been in the United States for 25 years.

The decision to travel is not an easy one to make. It's not just about the money, but it's about the experience. It's about the chance to make a difference in the world. It's about the chance to make a difference in the world.

Volunteering abroad is a great way to see the world and make a difference. It's a chance to see the world and make a difference. It's a chance to see the world and make a difference.



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WHERE YOU CAN GO

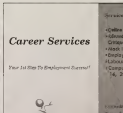
Cross Cultural Solutions operates in the following 10 countries:

Asia Region - China, Taiwan, Korea, and Hong Kong
Europe Region - France, Germany, Italy, Spain, and the United Kingdom
Latin America Region - Brazil, Chile, Colombia, Costa Rica, Cuba, Ecuador, El Salvador, Guatemala, Honduras, Nicaragua, Panama, Peru, Puerto Rico, and Venezuela
Africa Region - South Africa, Kenya, and Tanzania
Middle East Region - Israel, Jordan, and Lebanon
Oceania Region - Australia and New Zealand
Caribbean Region - Barbados, Jamaica, and Trinidad and Tobago
Central America Region - Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua
South America Region - Argentina, Brazil, Chile, Colombia, Ecuador, Peru, and Venezuela
Africa Region - South Africa, Kenya, and Tanzania
Middle East Region - Israel, Jordan, and Lebanon
Oceania Region - Australia and New Zealand
Caribbean Region - Barbados, Jamaica, and Trinidad and Tobago
Central America Region - Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua
South America Region - Argentina, Brazil, Chile, Colombia, Ecuador, Peru, and Venezuela



Valentine's Day safety message

Gregg Bucholtz, left, and Heather Chavira, right, are volunteers at the Planned Parenthood and AIDSA Valentine's Day display project. The booth was set up in the SFO.



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